

On Your Left!



Past & Upcoming News From the Iowa Valley Bicycle Club

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April 2005

Message from the President by: Kris McKibben

Dear Friends at IVBC,

Well spring has certainly sprung! Hasn't the weather been incredible?! It's great to once again be out on my bicycle. We rode along the Baxter Trail today, not too many people out, but there were cyclists present. I can only hope that it doesn't get all cold and yucky now that I've started riding. Well, with everyone getting in the mood, it was a great time to hold the first Biking Summit recently in Des Moines. Four members of the IVBC attended a very well-put-together meeting. We learned what is going on in biking across the state and nation. Also, how to try to make trails happen and what is involved to do that. Did you see the article in the paper this spring about the railroad possibly being abandoned from M'town to Eldora? Wouldn't this be a great bike trail? We need to keep our eyes and ears open to try to make this happen. Hopefully, a couple members of IVBC can attend an informational mtg. coming up in Eldora.

Also, the bike trail in our own backyard is nearing completion!! The extension of the Linn Creek Trail to the Nature Center will be done this year! We hope to have a party when that is done.

IVBC members are also busy with all kinds of volunteer projects besides just riding our bikes around! April 30th we will be assisting Boy Scouts from Marshall, Tama, and Hardin Counties earn their bicycling merit badge. We hope to make such a good impression that they will want to join IVBC! There is still room if you want to help with this. We have 12 adults so far, but more are welcome. IVBC also is once again helping with the after school rodeos (note the dates and schools in the newsletter). This only takes an hour or two of your time and is lots of fun. The kids really look up to the adults at these. We can once again make a good impression on them. We should have some stickers from the DOT to hand out too.

Note the rides coming up! Included is our very own Marshmallo Ride May 14th. Please come out and support your club's fundraiser!! If you can't, (and the only excuse is cuz you're out of town) pray for good weather for the rest of us! The riders really turn out when the weather is nice. And besides, we don't want to be stuck with all that food! Watch the newsletter and the website for other rides that we may put together on short notice. Come when you can. See you on the road!! Kris

Final Membership Renewal Notice

This is the final notice to those who have not renewed their membership for 2005. If you have a red dot in the corner of your newsletter label, our records show that you have not renewed your membership yet. You received a renewal form in the last newsletter. If you can't find it, let me know and I'll mail you one, or you can find one on our club website at www.marshalltownbikeclub.com. Once again, please consider rejoining as your membership helps our club promote safe biking in our community. Thanks for your support and we encourage all members to participate in club activities and meetings.

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Always Wear A Helmet 



2004 Mileage Awards Presentation

2004 mileage award presentations were made at our club meeting March 9. These awards were awarded based on a survey of 133 members from 16 states. 76 members from the Marshalltown area and 57 from outside Marshalltown area or out of state.

The top male rider was Tom Eaton with 9262 miles. The top female was Gabrielle Coughlin with 3871 miles; Pat and Gabriel won the most family mileage with a total of 7742 miles.

We had 12 members that completed their first Century and 11 members that rode 5 or more centuries. 10 or more centuries were Brian Juel with 11 and Lanny Nuese with 10. The double century (200 miles in one day) guys were ironmen John Eich, Mike Headley, and Brian Juel.

Congratulations to all who received awards. Great Job! I view all this information as a sign of a very healthy club. Let's do even better this year. Start tracking your mileage.

Thanks to Tom Kurth for reviving the Mileage Award Program, Mike Headley for arranging for the plaques and tags. Thanks to Wayne Faas for making the certificates. Thanks to Lanny Nuese, Tony Etcher, and Dana Bresler for collecting the data and thanks to Sara Kurth for putting the data in order. The data presented here is a summary of a two page report put together by Tom & Sara Kurth. For the complete report got to our website at www.marshalltownbikeclub.com.

Mayor's Ride for Trails, April 16, 2005

A cold rainy mess pretty much sums it up. The Coughlins, Kurths, and Breslers camped at Saylorville Friday and Saturday nights. The idea was to get up early Saturday morning and meet other riders at the Visitor's Center at 7:30. Well, Ann and I didn't even get out of the campground because our dog was barking so much we were sure he was bothering our camp neighbors. Since it had already started to sprinkle we decided not to go. Tom Kurth and the Coughlins met Ken Lafrenz, Jim Christenson, and Ken Stubbe at the Visitor's Center. Ken Lafrenz decided not to go and came home. The others rode into Des Moines but it got so bad that Ken Stubbe just turned around and returned to the Visitor's Center. The Coughlins and Jim Christenson did the short ride and returned. The Coughlins broke a chain on the way back and Jim brought them + tandem back to the campground in his pickup. Just a bad day all the way around.

This should surprise no one - the only true IVBCer, that I know of, that did the entire long route, lunch and all was Tom Kurth. Way to hang in there Tom! Course he had enough clothes on to last a week on the road and by the time he got back to the campground it was sunny and almost 70 degrees.

I apologize if I have left anyone out. I pieced this article together from the stories I heard after the ride. Dana

Arizona Spring Training

The first week of April Bob Peterson, Terry Briggs, Charlie Smith, and I traveled to Sierra Vista, AZ for 5 days of bike riding. We stayed in a small guest ranch out in the desert about 5 miles from the border of Mexico. Since it was our first serious riding of the season outside, the altitude (5000 ft), sun, wind, and long (I mean long) gradual hills took their toll. After the first day of riding it wasn't difficult to tell where we had missed putting sun block. Even though the temperature was 90 each afternoon it seen quite cool riding. The low humidity & evaporation keeps you cool. We rode a total of 250 miles which is an average of 50 miles per day. That may not sound like a lot of miles but I learned that AZ miles are a little different than IA miles. The thing we got the most practice at was repairing flats. Charlie and I had a total of six flats on our bikes and we had one flat on Bob's car in Altoona on the way home. But seriously, we really had a great time. Southern Arizona is an interesting place to visit. Dana

IVBC Shorts and Socks

If anyone would like IVBC bike shorts to match the club jersey, call Charlie Smith. We also will place an order for club socks. Shorts are \$56.00 and the socks are \$9.25 per pair. Do not delay as we are about to send in the order.

July 24 - 30, 2005



IVBC RAGBRAI Charter

RAGBRAI Charter registration and preparation are going very well. Included with this newsletter is a rider chart showing all that are currently registered with our charter or have indicated that they intend to join us and are working on getting their application and fees submitted. We sold 64 of our allotment of 65 tickets before the March 1 cutoff (F's on the chart). 20 riders have contacted me about joining our charter (the C's) and three are camping with us (B's). I know several others that will join us in the next few months but one of the problems is that this year **RAGBRAI is Sold Out**. I just learned this information yesterday and it really surprises me. I already have one person on a waiting list. If you are looking for a ticket, I would suggest keeping an eye on www.ragbrai.org. Their website has a message board where riders post tickets for sale. You might even post a message that you are looking for tickets. We still have room for about 15 more riders on our charter.

The rider chart is also posted on our website www.marshalltownbikeclub.com and that will be kept up-to-date.

This year's northern route is on the short side mileage wise and relatively flat as compared to a southern or central route. That said, the last time I rode a northern route it was brutally hot (even at night). Between mileage, hills, and weather (& camping spots), somehow RAGBRAI seems to always balance out - something is always going to give you a little challenge. That's what keeps us coming back.

In the next newsletter you will receive the famous IVBC RAGBRAI Tips sheet which is a list of tips and suggestions that has been developed from 20+ years of RAGBRAI experience. Also included in the next newsletter will be the RAGBRAI Bus Departure Schedule and loading instructions. In the mean time, the most important thing you can do is tune up your bike and get out and ride.

Number 1 rule: The more you ride before hand, the more you are going to enjoy RAGBRAI!

Up Coming Events (reference event schedule on back page)

Marshmallo XIX, May 14: The Marshmallo ride this year is again the Tour-de-Trails, incorporating the Marshalltown Bike Trail, the Hwy 330 - Melbourne Trail, and the Chichaqua Valley Trail from Baxter to Bondurant. There are 12, 25, 40, 60, and 100 mile options. Something for everyone! Check out the brochure on our website. The century ride will be leaving Riverview at 7:00 a.m.

IVBC Annual Saylorville Campout, June 3-4-5: IVBC will pay for a portion of campground fees. Please let Kris know if you are coming so that we know how big a group site to get. DeGrados will be helping to coordinate this one again, so prepare the kids for a fun time. Adults will have just as much fun. There's a trail to ride, the Farmer's market is DSM, and campfires at night. Will plan to ride down again on Friday and back on Sunday. Watch for more details as the time gets closer

After School Bicycle Rodeos: Again this year, the bike club is helping with the bike rodeos held at each elementary school. If you are interested in helping, let Charlie Smith know. The time for the rodeos are 4:00 - 5:30 p.m. The place and dates are as follows:

April 28 - Franklin	May 5 - Hoglan	May 12 - Anson
April 29 - Rogers	May 6 - Woodbury	May 13 - Fisher

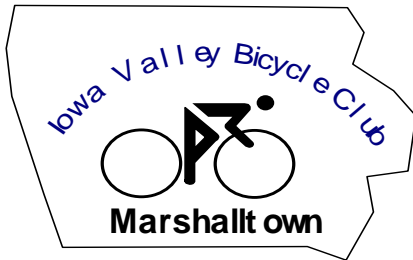


Iowa Valley Bicycle Club

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Date	Time	Event	Place
Apr 30	Morning	Boy Scout District Camporee - Assist with Bicycle Merit Badge Details at www.marshalltownbikeclub.com under Events	Conrad, IA
May 7	10:00 a.m.	5th Annual NABR Ride 14, 32, and 43 mile rides - Application @ www.nevjc.d6web.net	Minsky's, Nevada, IA
May 11	6:00 p.m. 7:00 p.m.	RAGBRAI Committee Meeting Regular IVBC Meeting - All club members & guest welcome	Fisher Community Center, Conf Rm C
May 14	9:00 a.m. Reg 10:00 a.m. Ride	Marshmallo XX, see brochure on www.marshalltownbikeclub.com Century ride leaves Riverview at 7:00 a.m.	Riverview Park, Reunion Hall North 3rd Ave., Marshalltown, IA
May 21	9:00 a.m. Reg 10:00 a.m. Ride	Best Dam Bike Ride 30, 40 & 50 mile rides - Pamphlet/Application @ www.marshalltownbikeclub.com under Events	Bandshell, 410 West 1st Street Ankeny, IA
May 30	YTBD	Memorial Weekend Ride	YTBD
June 3-5		IVBC Annual Saylorville Campout	Details Later
June 8	6:00 p.m. 7:00 p.m.	RAGBRAI Committee Meeting Regular IVBC Meeting - All club members & guest welcome	Fisher Community Center, Conf Rm C
June 11	7:30 a.m. Reg 10:00 a.m. Ride	3d Annual YSS Ride - 62.5 (metric century), 43 miles, and any distance up to 30 mile rides - There will also be a Family ride along the Mar- shalltown Bike Path.	Iowa Veteran's Home Marshalltown

IVBC RAGBRAI XXXIII Rider Chart

21-Apr-05

		Last Name	First Name	City	State
F	1	Bresler	Dana	Marshalltown	IA
F	2	Kurth	Tom	Marshalltown	IA
F	3	Smith	Charlie	Marshalltown	IA
F	4	Briggs	Terry	Marshalltown	IA
F	5	Briggs	Kathy	Marshalltown	IA
F	6	Nuese	Lanny	Marshalltown	IA
F	7	Glessner	Rick	Marshalltown	IA
2/3	8	Boggs	Michelle	Bayonne	NJ
2/3	9	Boggs	Michael	Houston	TX
2/3	10	Boggs	Garry	Albion	IA
F	11	Vreeland	Roger	Marshalltown	IA
F	12	Hawk	Bill	Vinton	IA
F	13	Eich	John	Marshalltown	IA
F	14	Schooley	Ed	Waukee	IA
F	15	Schooley	Joan	Waukee	IA
F	16	Henningsen	Richard	Grundy Center	IA
F	17	Chedester	Gary	Gilman	IA
F	18	Lafrenze	Kenneth	Marshalltown	IA
F	19	McKibben	Richard	Albion	IA
F	20	Etcher	Tony	Marshalltown	IA
F	21	Katzer	Brett	Conrad	IA
F	22	Juel	Brian	Melbourne	IA
F	23	Huston	Terry	Lakewood	CO
F	24	Youds	Richard	Marshalltown	IA
F	25	Clinard	Mike	Louisville	KY
F	26	Clinard	Penny	Louisville	KY
F	27	Tolson	John	State Center	IA
F	28	Tolson	Marva	State Center	IA
F	29	Shaw	Rick	Eldora	IA
F	30	Shaw	Susan	Eldora	IA
F	31	Stonewall	Greg	Marshalltown	IA
F	32	Karsjen	Peggy	Marshalltown	IA

		Last Name	First Name	City	State
F	33	Burdick	Jeff	Altoona	IA
F	34	Burdick	Karen	Altoona	IA
F	35	Burdick	Katie	Altoona	IA
F	36	Stiehl	Mark	Marshalltown	IA
F	37	Jacobson	Eric	Ogden	UT
F	38	Jacobson	Anthony	Denver	CO
F	39	Cox	Alison	Denver	CO
F	40	McKibben	David	Albion	IA
F	41	Nuese	Maggie	Marshalltown	IA
F	42	Clover	Burton	Marshalltown	IA
F	43	Clover	Beverly	Marshalltown	IA
F	44	Kester	LeRoy	Story City	IA
F	45	Bresler	Courtney	Camden	NJ
F	46	Wilson	Pat	Marshalltown	IA
F	47	Bucklin	Bill	Marshalltown	IA
F	48	Jacobson	Peter	New York	NY
F	49	Jacobson	Peter	New York	NY
F	50	Kubalsky	David	Marshalltown	IA
F	51	Blumeyer	Reggie	Newton	IA
F	52	Henningsen	Robert	St. Louis	MO
F	53	Cahill	Pat	Olathe	KS
F	54	Groff	Don	Longmont	CO
F	55	Groff	Diane	Longmont	CO
F	56	Rogers	Lacey	Kansas City	KS
F	57	Rogers	Scott	Kansas City	KS
F	58	Kontz	Ron	South St. Paul	MN
F	59	Backes	Bob	Marshalltown	IA
F	60	Gossett	Jim	State Center	IA
F	61	Wymore	Martin	Marshalltown	IA
F	62	Mattan	Tony	Grand Prairie	TX
F	63	Cahill	Denny	Marshalltown	IA
F	64	Johnson	Bruce	Marshalltown	IA

C		Mathew	Craig	Plano	TX
C		Devona	Steven	Arlington Heights	IL
C		Quick	Jennifer	Leawood	KS
C		Schroeder	Rocky	Overland Park	KS
C		Goeke	Ed	Lawrence	KS
C		Gunya	Joe	Merriam	KS
C		Kambergier	George	Appleton	WI
C		Moore	Tom	Overland Park	KS
C		Strange	Mike	Overland Park	KS
C		Mitton	Jeff	Longmont	CO
B		Thornton	Dave	Duluth	MN
BX2		Quick	Bill	Leawood	KS
BX4		Neville	Jim	Pittsburgh	PA

C		Tullis	Matthew	Marshalltown	IA
C		Lyons	Ken	Marshalltown	IA
C		Greenwood	Lindsey	Waterloo	IA
C		Backus	Amy	Waterloo	IA
C		Brotherson	Dave	Ames	IA
C		Watson	Ron	Littleton	CO
C		Sullivan	Tom	Keosauqua	IA
C		Jones	Julie	Sully	IA
C		Welp	Stan	Ames	IA
C		Karsjen	Steve		